

# Ways to Sharpen the Saw

## PHYSICAL

Pamper yourself	Deep Breathing
Challenge your body	See your doctor
Hot tub; Bubble baths	Massage
Eat right	Meditation
Laughing	Take breaks
Hard physical work	Acupuncture
Stress relief	Yoga
Exercise on a regular basis	Walk; run
Stretches at your desk	Personal Trainer
Gardening	Sleep; rest
Swimming	Environmental surroundings
Hobbies	Relaxation
Explore family medical and genetic history	

## MENTAL

Reading	Vacations
Research	Celebrations at work and home
Google.com	Crossword puzzles; word games
Meditation	Time alone
Gardening	Driving time
Learn something new	Walking
Training	Lights/sound/off
Learn a new language	Exercise + think
Rest and relaxation	Spa; bubble bath; candles
Formal course work	Lifelong learning
Travel	Pets
Listen to good comedy	Brainless activities
Good conversations	Music
Nature	Jokes
Porch swing	Teach
Get a coach	Write
Play mind/mental games	Go to NELD

## SPIRITUAL

Journaling	Wash dishes; clean
Read Bible; group study	Listen to music
Prayer	Fellowship Group
Worship	Meditate
Religious retreat	Nature walks; hike in woods
Bird watching	Fishing
Watch movies	Watch animals; raise animals
Conversations	Vacation
Quiet time away (beach, mountains)	Listen
Watch small children	Gardening
Camping w/campfire	Visit the ocean
Visit a spa	NELD training

## SOCIAL/EMOTIONAL

Weekly calls home	Give gifts for no reason
Attend NELD training	Show people you care
Grandchildren; kids stuff	Creativity
Say Thanks! to co-workers	Compliment others
Smile	Laugh
Play; have fun	Reflect
Plan social activities	Spend time alone
Date with spouse	Share emotions
Journal	Communicating
Share feelings	Shopping
Do things the other person wants to do (shopping w/wife)	Physical contact; hugs
Have lunch with friends	Apologize
	Service, volunteer